

FamilyFun

your idea-packed guide to

summertime

GRILL & CHILL
CLASSIC
COOKOUT
DINNERS
WITH A
TWIST

CELEBRATE!
SUPER
TREATS
FOR DAD

COOL OFF
BEACH
TOYS

GET INSPIRED
FAMILIES
THAT
GIVE
BACK

★ **best 4th of july party ever!** ★

6 SWEET
WAYS TO SAVE
VACATION
MEMORIES

PAGE 26

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contents

FAMILYFUN • JUNE/JULY 2014

*Join the parade
on page 66!*

features

66

INDEPENDENCE PLAY!▲

Crafts, games, and treats for throwing the best Fourth of July party ever

75

BIG FLAVOR GRILLING

Update your backyard barbecue with these kid-approved recipes and easy techniques

82

CREATING SMILES

Meet nine inspiring families who've found creative ways to give back to their communities

64a

SPECIAL SECTION: FUN FOR LITTLE ONES

Seasonal activities just right for kids under 5

contents

FAMILYFUN • JUNE/JULY 2014



12



11



18



60



13



48

IN THIS ISSUE

classic cookout dinners with a twist 75
super treats for dad 22
beach toys 30
families that give back 82
best 4th of july party ever! 66



ON OUR COVER

From left: Ashlynn, age 4, Kaitlin May, 4, and Sydney, 4, photographed by Stephanie Rausser. Styling by Lisa Moir. Ashlynn's hat by Target, necklace by Polder, and shoes by Minnetonka. Kaitlin May's shirt and skirt by crewcuts, necklace by Polder, and shoes by Minnetonka. Sydney's top by crewcuts and shoes by Keds.

create

11 • STUCK ON T-SHIRTS Tape + paint = awesome summer tees!

12 • MAKE IT Clay critters, toy car roadways, and a photo gift for dads

18 • KIDS IN THE KITCHEN Roll-it-up strawberry roulade, banana bread breakfast cereal, and more

22 • TREAT OF THE MONTH Show Dad he's a superhero with these mighty cookies

24 • IDEA OF THE MONTH How a mom's homemade die helped her sons play together peacefully

26 • MORE GREAT IDEAS Our readers' favorite ways to preserve vacation memories

play

29 • MAKE WAVES! Turn your yard into a cool-off zone for kids

30 • FAVORITE THINGS Updated beach toys and wheely fun bike gear

34 • HEALTHY FAMILY Better sunscreen, car exercises, and more

38 • GET SMART Supercharge summer reading with fun incentives

42 • TONIGHT'S SPECIAL In this new section about making everyday meals special, we present a rainbow dinner to honor Roy G. Biv

smile

45 • GET GLOWING The latest finds in self-tanner and bronzer

46 • BEAUTY NEWS Melt-proof your makeup, beauty tricks from your kitchen, and cute hair in a hurry

48 • BEAUTY CLOSE-UP Ultrafun nail polish picks and mani/pedi tips

explore

53 • UNDERWATER ADVENTURE

Introducing your kids to snorkeling

54 • WE TRIED IT One family discovers the joys of river tubing

58 • GETAWAYS See what ski resorts have to offer in the summertime

IN EVERY ISSUE:

6 • HELLO!

8 • THE FUN LIST

90 • WORKBOOK

92 • HOW WE HAVE FUN

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OF **KOHLER®**

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See our **Confetti Popper** in
action and let our editors
show you how to make our
fruity Patriotic Pops, **Lady
Liberty Crown** headgear,
and **Paper Star** decorations.

Find our complete
Fourth of July playlist at
familyfunmag.com.



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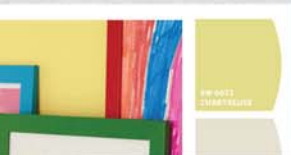
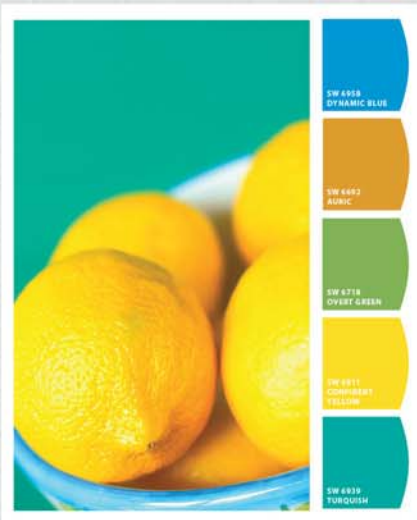
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July 4th
fun

free e-book

Celebrate the land of the free—for free!—with our latest mini magazine. To get a copy, click on the “July 4th” box on our Facebook page.



NOW, THAT'S AWESOME!

mmm, mancakes

Blogger Jill Mills of Atlanta, Georgia, and her sons make shaped pancakes, aka mancakes, every year for Father's Day breakfast. Check out their ideas at kitchenfunwithmy3sons.com.



Got something awesome to share?

Send your photos to queries.familyfun@meredith.com with “awesome” in the subject line. If we use one, we'll pay you \$100.

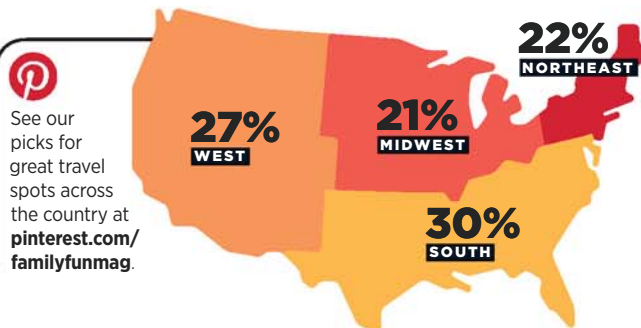


SEND US YOUR DOGGONE CUTE PHOTOS

Do you have the world's most adorable pup? We want to see! Manny the Frenchie, the playful French bulldog and Internet star, is helping us judge the **FamilyFun Top Dog Photo Contest**. Enter via the “Dog Contest” box on our Facebook page for a chance to win a Grand Prize of \$200, a basket of Manny the Frenchie goods, and a year's supply of K9 Advantix II; or one of nine First Prizes. See page 91 for entry details; visit our Facebook page for complete rules and prize descriptions.

AND THE WINNER IS ...

We asked our Facebook fans to select the most fun vacation region in the country. The results:



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- Healthy probiotics

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- **NO** chicken or beef
- **NO** chicken (or poultry) by-product meals
- **NO** artificial colors, flavors or preservatives



BlueBasicsPets.com

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May is Pet Cancer Awareness Month

Join us and Petco in our fight against pet cancer. Visit Petco or go to PetCancerAwareness.org to learn more.

the fun list

FIVE REASONS TO SMILE THIS SEASON



1 walk the dog on National Yo-Yo Day, June 6. You can learn that classic trick and more than 200 others, for beginners to experts, from kid-friendly videos at yoyotricks.com.

2 pitch a tent for the Great American Backyard Campout, June 28. Find camping tips, recipes, games, and more at backyardcampout.org.

3 score big with your kids by mixing up a batch of Brazilian Lemonade (made, oddly enough, with limes!) during the World Cup, June 12 to July 13. Cut the ends off 3 small limes and slice each one into 8 wedges. Place them in a blender with ½ cup sugar, ¼ cup sweetened condensed milk, 3 cups cold water, and 2 cups ice. Blend on high until smooth, about 1 minute, then strain with a fine mesh sieve. Serve over ice.

4 draw some cool comics. The uber-popular Comic-Con International runs from July 24 to 27 in San Diego. If your family can't attend, try making your own works of art with Jeff Kinney's *Diary of a Wimpy Kid 3 Notebook Set*, which contains one lined, one blank, and one comic strip panel book. \$11.99, galison.com

5 turn car time into story time. One of our favorite sources for audio fairy tales, adaptations of myths, and original works is Storynory. Each week a new tale is added. *Free; available on iTunes, in the App Store, and at storynory.com*

STYLING BY KIMBERLY STONEY, YO-YOS, LEFT TO RIGHT, FROM TOP: BC PHANTOM HARDWOOD COLLECTIBLE; DUNCAN IMPERIAL; MAGIC YO-YO T8 SHADOW PROFESSIONAL; SCHYLLING SOCK MONKEY; JUPITER'S CHILD MULTICOLORED STRIPED WOODEN YO-YO; SCHYLLING TIN YO-YO; YOMEGA DASH; VINTAGE YO-YO; PARKER BROTHERS PRO 1978 VINTAGE YO-YO



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create

FUN THINGS TO MAKE & DO TOGETHER



custom
clothes

STUCK ON T-SHIRTS

Our easy painting technique lets kids spiff up a shirt with geometric shapes, stripes, and zigzags. Place newspaper or a piece of cardboard inside a prewashed, ironed T-shirt to keep the paint from bleeding through. Tape down the shirt at its shoulders and hem.

Firmly adhere lengths of painter's tape to the shirt, using them as outlines for the areas you'll paint. With a sponge brush, dab fabric paint onto the shirt. After the paint dries, carefully peel off the tape. Set the paint according to the package directions.

PHOTOGRAPH BY SABRINA HELAS

June/July 2014 • FamilyFun • 11

**so
cute!**



clay critters

Make a **menagerie of animals** by sculpting just a few simple shapes. See the step-by-step instructions at right for our cat. Then, using the same technique, try your hand at creating an elephant or a bunny, penguin, or pig!

create a cat

1. Roll bakeable polymer clay (such as Fimo) into a ball. Add flattened-egg-shape feet.
2. Form eyes and diamond-shaped ears, then insert them into holes made with a toothpick. Press on the nose, the cheeks, and arms, as shown.
3. Use the toothpick to add lines for fingers and toes. Roll a snake of clay for a tail and press it onto the back.
4. Bake the clay as the package directs, then add a dot to each eye with a white paint marker.



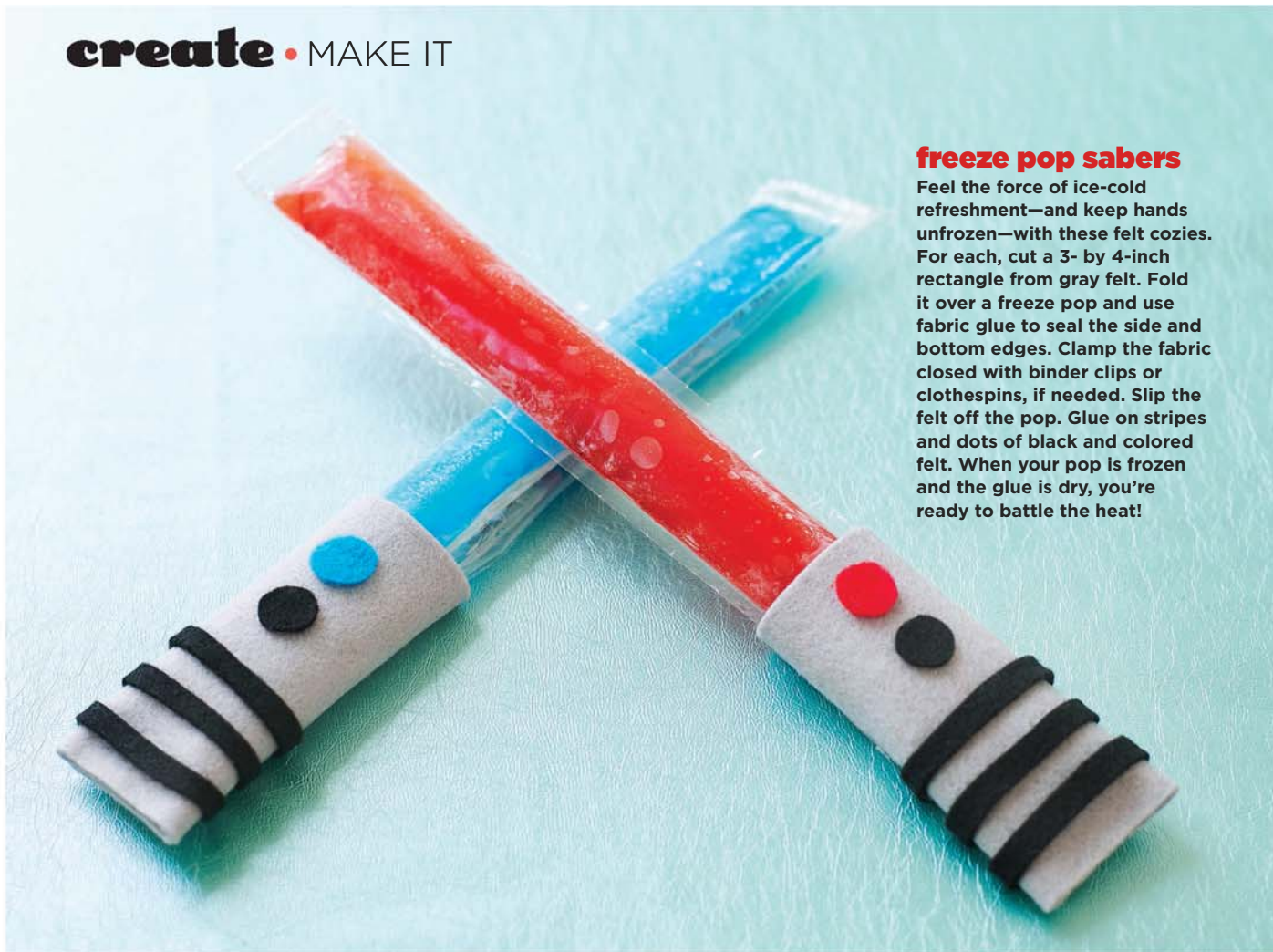
on the road

Car-loving kids can build and rebuild a series of streets with this piece-together roadway system.

First, make a template by cutting a 5-inch square from cereal-box cardboard. Use this to draw 5-inch-wide road segments on felt. Create as many as you like. Cut out the roads, and add dotted lines with tape (we used 3/4-inch-wide duct tape).

+ **TAKE IT FURTHER**
Create a roadside town by covering cereal boxes with paper and drawing buildings on them.





freeze pop sabers

Feel the force of ice-cold refreshment—and keep hands unfrozen—with these felt cozies. For each, cut a 3- by 4-inch rectangle from gray felt. Fold it over a freeze pop and use fabric glue to seal the side and bottom edges. Clamp the fabric closed with binder clips or clothespins, if needed. Slip the felt off the pop. Glue on stripes and dots of black and colored felt. When your pop is frozen and the glue is dry, you're ready to battle the heat!

dad's day fun

fathers and sons

Celebrate Dad (and Granddad!) with a three-generations-in-one Father's Day gift.

1. Take a photo of your son's paternal grandfather and print it at letter size.
2. Take a photo of your son's father holding the print.
3. Print the second photo. Take a picture of your son holding that image, then print it out and frame it.



The Carr family: Harry, age 8, his dad, Jonathan, and Granddad Peter






CRAFTER'S TIPS Photograph your subjects in a well-lit place against a plain background. Print out the photos to be as large as possible, leaving a white border.



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crazy **8**

roll-it-up strawberry roulade

This summery berry dessert runs circles around shortcake.

1. Heat the oven to 350°. Coat a rimmed baking sheet with butter, cover it with parchment paper, then coat the paper with butter.

2. Make the cake. In a small bowl, whisk $\frac{3}{4}$ cup of the sugar and the zest together. Add the dry ingredients and whisk until well blended. In a large bowl with a hand mixer set on high, beat together the 5 egg yolks, oil, milk, and vanilla. Combine the mixtures and beat until blended.

3. In a large bowl with a hand mixer set on high, beat the 4 egg whites until soft peaks form, about 1½ minutes. Add the remaining sugar and continue beating until stiff peaks form, about 1 minute more. Fold the egg whites into the batter, then pour it onto the prepared baking sheet. Use a spatula to spread it evenly. Bake until the top of the cake is light brown, about 15 minutes. Let cool.

4. Meanwhile, prepare the filling. In a small bowl, toss the berries, sugar, and zest.

5. In a large bowl with a hand mixer set on high, beat the remaining ingredients until stiff peaks form, about 2 minutes.

6. Spread the filling onto the cake, leaving a 1-inch border. Scatter the berries on top. Beginning at a short end, roll the cake, letting the parchment fall away as you work. Place the cake seam side down on a platter and dust with confectioners' sugar.

Nutrition per serving: 293 calories, 5g protein, 15g fat (7g sat. fat), 37g carbs, 1g fiber, 26g sugar, 53mg calcium, 1mg iron, 125mg sodium

kids can ... Mix and pour the batter • Prepare the filling • Help roll up the cake



active time
1 HOUR
total time
1 HOUR
30 MINUTES
(INCLUDES
COOLING)
makes
10 SERVINGS



ingredients

For the cake:

1 cup sugar
1 teaspoon orange zest
 $\frac{3}{4}$ cup flour
2 tablespoons cornstarch
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
4 eggs, separated, plus one yolk
2 tablespoons vegetable oil
3 tablespoons milk
1 teaspoon vanilla extract

For the filling:

1 pound strawberries, washed, hulled, and sliced
1 tablespoon sugar
1 teaspoon orange zest
1 cup heavy cream
1 tablespoon sour cream
3 tablespoons confectioners' sugar, plus more for dusting

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create • KIDS IN THE KITCHEN

fun
with
food

hulling helper

Here's a clever trick for taking the stem and leaves off a strawberry without wasting any fruit. Starting at the pointed end of the berry, push a drinking straw up through the center, forcing off the stem and leaves. If your child's aim is a bit off, he can repeat the process to remove any leftover pieces.



banana bread breakfast cereal

Don't be fooled by the sweet-sounding name. Packed with whole grains, fresh fruit, and healthy fats, this quick-prep meal offers a nutritious start to the day. To make it, process the following in a blender until smooth:

1 banana, 1 cup milk, 1 cup whole-grain wheat and bran flake cereal (such as Post Bran Flakes), 2 tablespoons walnuts, and 2 teaspoons vanilla. Serves 2.



APPS WE LOVE Your kids can virtually squish snacks, mush meals, and learn about nutrition using the aptly named **Smash Your Food** app. Players select edible items; take a guess at their sugar, fat, and sodium content; then watch the food get flattened—a feature that's equal parts eww and awesome. **iOS. Ages 6 and up \$2.99**

GOOD
MORNING



SATISFACTION

MADE WITH REAL FRUIT  WHOLE GRAINS  4 GRAMS OF PROTEIN



RISE&THRIVE

fantastic fathers!

Let Dad or Grandpa know you think he's incredible with a personalized superhero cookie.

FACE:

Frost a large **sugar cookie** (blend vanilla **frosting** with a drop or two of red **food coloring** for lighter skin tones or with chocolate frosting for brown shades). Trim a **fruit leather** mask and press it in place. Spoon leftover frosting into a ziplock bag and snip off a corner. Pipe on a nose. Make eyes on white **York Pieces** with a **black food writer** and attach with frosting. Press on hair (see below), then a red **licorice lace** mouth.

HAIR:

1. Soften a **Tootsie Roll Midgee** or **fruit chew** in the microwave for 5 seconds, roll it flat, and trim as shown; add texture with a toothpick, if you like.

2. Roll and trim a large **gumdrop**.

3. Cut a black **licorice twist** into pieces.

4. Sprinkle on **shredded coconut**.

SPLATS:

Soften a white fruit chew following the hair instructions and roll it flat. Cut a piece of fruit leather as shown and press it on top. Trim the fruit chew so that it forms a border. Attach the pieces to a **chocolate-covered graham cracker** with frosting. Use vanilla frosting to pipe on a message.



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HAPPINESS CUBED

With a roll of the die, this mom helps her kids play together peacefully.

By Elizabeth Pagel-Hogan

RECENTLY, my three boys had seemed to be on different planets during their free time. Aidan, age 4, complained that no one would play trains with him, while Dylan, 6, just begged to turn on a video game. Michael, 9, got easily annoyed by his younger brothers' antics. Then my husband, Edward, said something that gave me pause. "It seems as if they just can't play together these days."

It started me thinking, what if this was more than

average kid boredom? I worried about the boys' bonds as brothers. I wanted each of them to pursue his individual passions but also to join in on activities that his siblings enjoyed. Was there a way to help them see that they could share each other's interests and have a good time doing it?

Then, in a burst of inspiration, I came up with a promising idea: "We need a What to Do cube!" The boys were intrigued.

I EMPTIED a small box of tissues and sent the boys off to gather tape, scissors, a pencil, and sheets of paper in their favorite colors. They traced the sides of the tissue box onto their paper and cut out two traced squares each. Then I asked each of them to think of two activities he likes to do. "After we write them on the squares, we'll tape the squares to the cube and take turns rolling it," I explained. "Whatever activity comes up, you'll all do that together."

Michael chose Charades and Legos. Sensing that broad categories would work best, I suggested, "What if we call your second choice Build It? That can mean Legos, or a fort, or a racetrack."

"I want to build a fort with Michael!" Dylan said. Michael smiled and wrote down his two activities.

Dylan came up with Superheroes and Jokes.

"Can Superheroes be Story Time?" I asked. "Then you could act out a story about superheroes. You could even write a story and read it to Aidan."

"Write about me!" Aidan said.

"OK," Dylan agreed. He loves dreaming up tales, and I loved this chance to boost his reading and writing skills.

"And since jokes are word puzzles," I added, "why don't we call it Solve a Puzzle and include jigsaws and mazes?"

"I could make a Lego maze for you, Dylan," said Michael, getting into the spirit of the endeavor.

"And I could be a superhero who solves it to save someone," Dylan said. They were getting excited.

"My turn," said Aidan. "I want to dance."

"Dance Party is fun," I said. "And what about your other idea?"

"Snacks," he said.

"Yes!" his big brothers cheered. I wrote Cooking Fun. We taped the paper squares to the cube.

"What's our first activity?" Dylan asked. "Roll it, Mom."

I shook the cube, blew on it for luck, and rolled.

THE CUBE was a hit. They played together all day and talked about making other cubes for deciding which TV shows to watch and what desserts to have. (Sorry to say, they weren't too taken with my idea of a Do This Chore cube.) I was pleased with the cube, too. Even more, I was happy to see my three boys having fun together—and building strong, lasting bonds.

meet
the
family



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No

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ANSWER:
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ANSWER:
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At Blue Bunny, we think ice cream should be fun, really fun. But there's one thing we take very seriously: high quality ingredients. We hold ourselves to high industry standards, so we can call what we make "real ice cream". You won't see "frozen dairy dessert" printed on our packages. We're serious about what we put into our ice cream, so you get more fun out of every bite.



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create • MORE GREAT IDEAS

we asked

How do you preserve vacation memories?

TRIM THE TREE

Whenever we take a trip, we choose a special Christmas ornament. Among the ones we've brought home are a hand-carved turtle from the Cincinnati Zoo and a clay piñata from Mexico. As we decorate our tree, we remember all the fun places we've been.

Susie Hill
Kure Beach, NC

“Each night, we write the details of the day in a journal, and the kids include their favorite memories.”

Cheryl Couture Enfield, CT

PUT A PIN IN IT

We've spent many vacations in our motor home exploring America. Wanting something to mark each trip that wouldn't take up too much space or cost a lot, we began collecting pins from the places we visited and attaching them to a stuffed park ranger teddy bear.

Rhonda McCurdy
Anaheim, CA

MAKE A LASTING IMPRESSION

Every year our family places our vacation treasures—pressed pennies, shells, and so on—into a garden stepping-stone we make out of cement. It's a great activity to do together.

Leah Greenley
Woodland, MN



MAIL THE MEMORIES

Our family mails a postcard to ourselves from each destination, with the dates of the trip and a list of places visited. It's an inexpensive way to remember a vacation, and our children love to see the card in our mailbox when we get home.

Leah Walton
Bedford, MA

DRAW A LINE IN THE SAND

Every summer, our extended family spends a week at the beach. We always take a picture of each of the cousins with his or her name and the year written in the sand. We started the tradition with just two kids and are now up to nine—and counting!

Kelly Parsons
Germantown, MD

**send
your
ideas**

Question of the Month: How do you make errands more fun?

Send us your answers—and any other ideas for making family life more fun.

E-mail us at ideas.familyfun@meredith.com.

If we use your submission,
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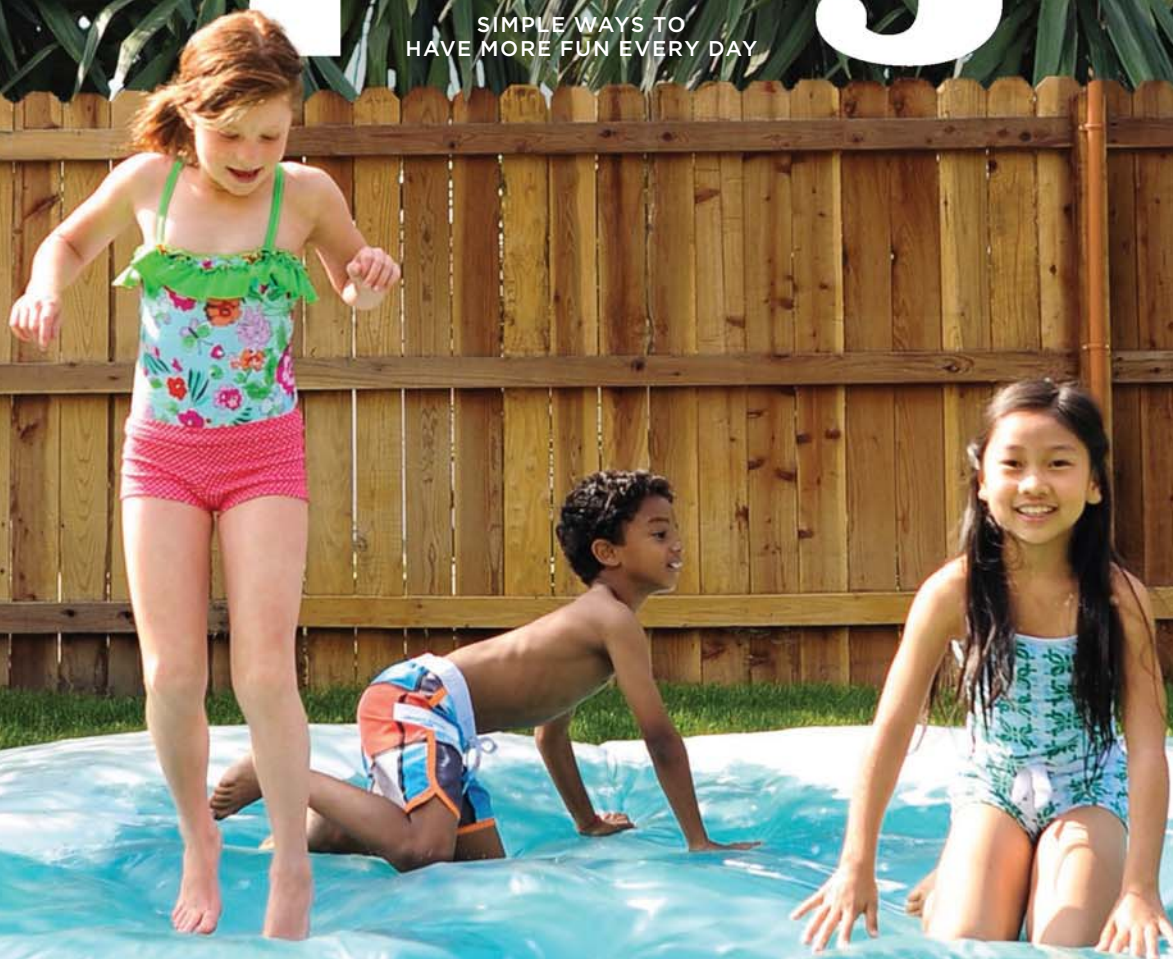


Oscar Mayer Deli Fresh, made with 100% turkey breast.

It's Freshness Every Time. It's Oscar Mayer.

play

SIMPLE WAYS TO
HAVE MORE FUN EVERY DAY



make waves!

This giant pillow of water, ingeniously created from plastic sheeting and filled with a garden hose, is a kid magnet on a summer day. Known as the Water Blob, it's an ideal spot for getting silly. Please note: children should use the blob only when an adult is present.

Turn to page 90 for instructions.



See the Water Blob in action on our iPad edition. Learn more at familyfunmag.com/digitalextras.

surf's
up!

hit the beach

What do young explorers need when they visit distant shores? The latest in sturdy beach toys and water-resistant backpacks.

BETTER SAND TOYS

Basic beach playthings get a colorful, durable upgrade with **B. Toys by Battat Summer Collection**. Our testers especially liked the sets' fun elements, such as stackable castle molds, a pinwheel, and a pint-size teapot. *5 sets available. Ages 3 and up \$9.99 to \$15.99, target.com*

A roll-up top
keeps sand and
water out!

SEAWORTHY STOWAGE

PaddlePaks combine the functionality of a grown-up dry bag (water-resistant fabric, roll-top seal) with kid-pleasing designs based on whimsical sea creatures. The backpacks help keep clothes and lunches protected in any splash zone and, at the end of the day, hold soaked suits for the ride home. *9 styles available. Ages 3 to 6 \$25 to \$30, trunki.com*

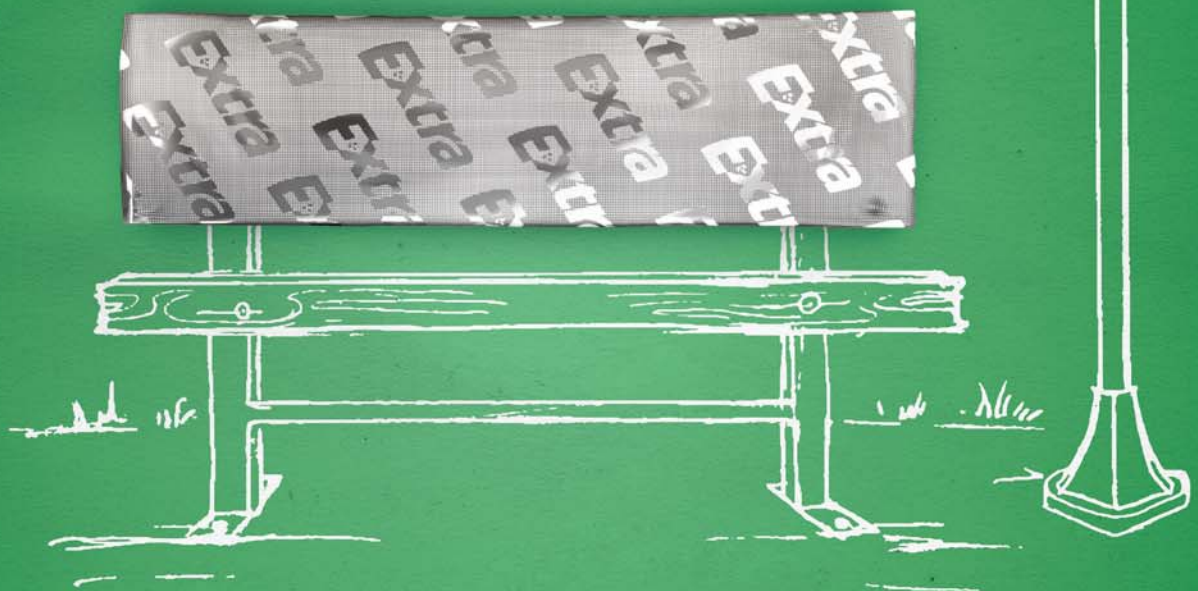
a new way to make sand art

Create a big impression at the shore with **Beach Stamps**. Just slide one of the 34 plastic pieces over your hand, then press the pattern into the sand to make pudgy penguins, grinning T. rexes, winged dragons, and more. *Ages 4 and up \$14.95 to \$19.95 per multistamp pack, amazon.com*

WRITTEN BY KRISTA HOJNOWSKI, BETH HONEYMAN, ALICIA POTTER, AND ELLEN HARTER WALL; PHOTOGRAPH BY DAVE BRADLEY



CONVERSATIONS ABOUT NOTHING IN PARTICULAR



Sometimes, the little things
last the longest.

give

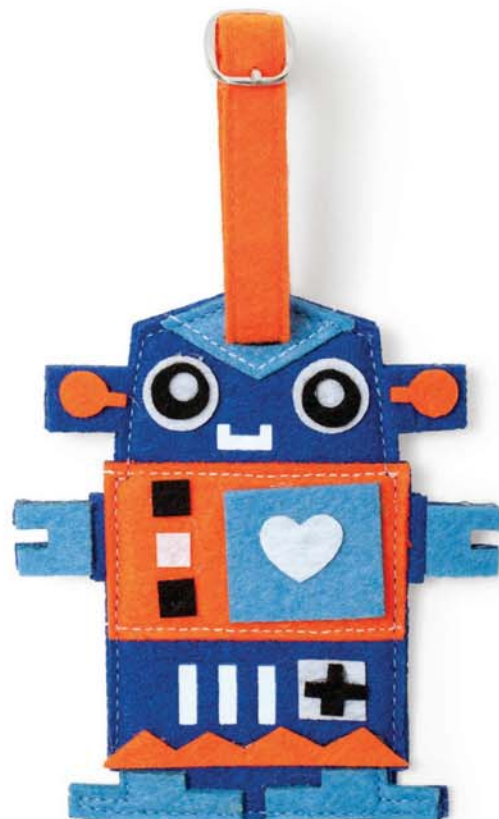


extra.



a picture tells a story

In *Tippy and the Night Parade*, cartoonist Lilli Carré uses dialogue balloons to tell the beguiling tale of a girl who sleepwalks into a midnight-blue dreamscape, leaving her with a mysteriously messy bedroom—and a bird on her head. **Ages 6 to 9** \$12.95, toon-books.com

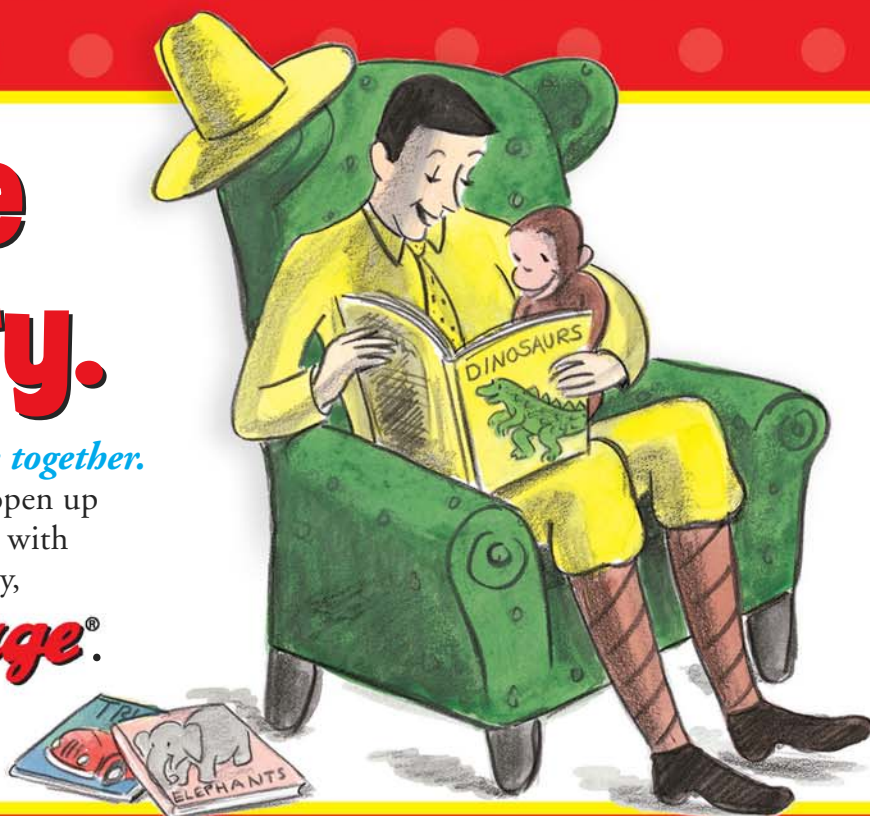


Inspire curiosity.

The best discoveries are made together.

Create a love of reading—and open up a lifetime of learning and fun with everybody's favorite monkey,

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TRAVEL IN STYLE

Finding your family's luggage at the airport baggage claim can often be a confusing game of I Spy. Cute felt **Bag Tags** make it easier—and even fun—for kids to spot their travel totes on the carousel. Choose from six styles, including an airplane, of course! **Ages 3 and up \$9.99, galison.com**



APP WE LOVE

Turn the digital photos on your phone into frameable shots with **FreePrints**. Select up to 85 4- by 6-inch photos per month from your phone or photo sharing site, upload them via the app, then have them delivered quickly to your door. Though the service is free, shipping and handling ranges from \$1.99 to \$9.99, depending on the size of the order. Our testers loved the convenience and ease—and the quality of the prints. *iOS and Android. Free*

cool bike gear

Like its wild-eyed namesake, the **ATC Chameleon** dual-lens video camera can catch the action in multiple directions. Mount the base on your child's handlebars, point one camera at her face and the other straight ahead, then press *record*. On playback, you'll be able to simultaneously watch the rushing scene and her reaction.

Ages 8 and up \$79.99, atc.oregonscientific.com



The **Fuze Mega FX Speedometer** doesn't just *show* a kid that he's flying on his bike, it plays the roar of a jet to complete the scene. Then, with the push of a button, he can switch to revving a race car. Riders have a choice of 11 sounds, including tester favorites: clip-clopping horses and a screeching pterodactyl. **Ages 5 and up \$19.99, walmart.com**

**father's
day
gift**

The oversize basket on the **Fuze Man Rack** carries all the gear Dad needs while tooling around town, and the cargo net and rubber mat keep everything secured. **\$19.99, walmart.com**



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get set for sun

Protecting your family's skin from the sun's harmful rays isn't all about SPF. Sunlight contains both ultraviolet A (UVA) and ultraviolet B (UVB) rays, but the ingredients in some sunscreens that boast a high SPF protect only from the latter, as those are the rays that primarily cause sunburn. Yet deep-penetrating UVA rays also cause damage (such as skin aging), and recent research suggests they may even initiate skin cancers. They happen to be the rays we're most exposed to throughout the day, too. For maximum protection, Dr. Frank Wang, a University of Michigan researcher who studies the effects of sun exposure, recommends using a broad-spectrum, water-resistant sunscreen that contains zinc oxide (the white stuff worn by generations of lifeguards, now available in translucent formulas) or at least 3 percent avobenzone. Apply it at least 20 minutes before heading outdoors and reapply every two to three hours, he says (using too little sunscreen can lead to skin damage no matter what kind you use). Here are a few picks.



Coppertone Sensitive Skin Sunscreen Hypoallergenic and fragrance-free, with ray-blocking zinc oxide. \$8.99



Kiss My Face Kids Mineral Sunscreen A mineral blend that includes zinc oxide and aloe. \$14.99



Honest Sunscreen SPF 30 Contains a hefty 20 percent zinc oxide, plus natural oils. \$13.95



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So protect your furry friend
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Its broad-spectrum
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K141169



CAR TRIP CALISTHENICS

It's road trip season, and those extended car journeys promise tons of fun at the end. But all that sitting can be as rough on our bodies as it is on our patience. One way to fight back, says Merilee Kern, kids' health advocate and author of *Making Healthy Choices: A Story to Inspire Fit, Weight-Wise Kids*, is to take your workout on the road with you. Here are her suggestions for fun, in-the-seat exercises to help passengers stay revved up for the long haul.

CAR MOVES

Backseat Driver

Pretend to power the car with your feet (bicycle-pedal, run Flintstones-style), steer, honk the horn, and pump the brake. Do each move for at least one minute, then repeat two more times.

Dance in Your Seat

Turn up the music and work your upper body with the following dance moves. Do each one for at least one minute, then repeat three times.

- **Raise the Roof:** Push your palms upward repeatedly as if trying to keep the roof from falling.
- **Running Man:** Make a fist with each hand and move your arms as if running.
- **The Twist:** With both arms close to your sides, twist your upper body from left to right.

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[†]Based on 52 Week Unit Sales of Gummy Vitamins, Nielsen All Outlet Data Thru Mar '13

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gummyvites.com

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PRODUCT WE LOVE



Exercise Machine

The Radio Flyer Cyclone offers low-rider thrills—and an upper-body workout. The handgrips let kids drive the 16-inch wheels in either direction, sending the rig forward, backward, or spinning wildly in place. \$59.99, radioflyer.com

COOL-OFF SNACK

frosty fruit wands

Serve this healthy frozen treat on a sizzling hot day and watch it magically disappear. Use a star cookie cutter (ours was 1½ inches) to cut a shape from a thick slice of **kiwi, cantaloupe, or pineapple**. Thread several **grapes** onto a bamboo skewer, then add the star to the top. Place on a baking sheet, cover with plastic, and freeze until hardened, about two hours.



home
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book bonanza

Supercharge your kid's summer reading with this surprise-filled incentive board.

HERE'S A SUREFIRE WAY to build excitement around the written word. Inspired by book-bingo handouts used by librarians, we designed a treat-packed home version that rewards frequent and wide-ranging reading. Whether your kids are born bookworms or reluctant readers, they'll get a kick out of earning prizes through their bookish pursuits—and never suspect that they're also boosting their literacy skills.

the skills it builds

**READING
VOCABULARY
LIBRARY SKILLS**

MAKE THE BOARD

1. With strips of **double-sided tape**, attach 16 envelopes to a **sheet of foam core** or sturdy corrugated cardboard in a grid as shown (our board measures 21 by 29 inches).
2. For the labels, print your own prompts or our **template** (find it at familyfunmag.com/printables) onto paper. Cut out the prompts (we used a 2-inch circle punch).
3. Fill each envelope with a **prize** (see suggestions below) and seal it with a label affixed with double-sided tape.

HIT THE BOOKS

After finishing a book on a specified topic, the reader opens the corresponding envelope to find a prize. Here are envelope-stuffers that would work well with a few of our topics.

for a book about ...

Space:

Glow-in-the-dark star stickers

Art:

A little paint set

Another Country:

A toy airplane

Jokes:

A bite-size Snickers bar

Animals:

A toy critter

Fairy Tales:

A tube of glitter glue

Science Fiction:

A toy robot



Meet Auvi-Q, the epinephrine auto-injector that speaks for itself.



I talk.

Hi, I'm Auvi-Q, the world's only talking epinephrine auto-injector for adults and children at risk for severe allergic reactions.

Here are some of my features:

- **Easy to use** step-by-step voice instructions guide you or others through the injection process
- **Compact size** fits into a pocket or small purse
- **Flashing light** tells you or others when injection is complete
- **"Press-and-hold"** injection method with a 5-second hold time

Indication

Auvi-Q™ (epinephrine injection, USP) is used to treat life-threatening allergic reactions (anaphylaxis) in people who are at risk for or have a history of these reactions.

Important Safety Information

Auvi-Q is for immediate self (or caregiver) administration and does not take the place of emergency medical care. Seek immediate medical treatment after use. Each Auvi-Q contains a single dose of epinephrine. **Auvi-Q should only be injected into your outer thigh.** DO NOT INJECT INTO BUTTOCK OR INTRAVENOUSLY. If you accidentally inject Auvi-Q into any other part of your body, seek immediate medical treatment. Epinephrine should be used with caution if you have heart disease or are taking certain medicines that can cause heart-related (cardiac) symptoms.

If you take certain medicines, you may develop serious life-threatening side effects from epinephrine.

Be sure to tell your doctor all the medicines you take, especially medicines for asthma. Side effects may be increased in patients with certain medical conditions, or who take certain medicines. These include asthma, allergies, depression, thyroid disease, Parkinson's disease, diabetes, high blood pressure, and heart disease.

The most common side effects may include increase in heart rate, stronger or irregular heartbeat, sweating, nausea and vomiting, difficulty breathing, paleness, dizziness, weakness or shakiness, headache, apprehension, nervousness, or anxiety. These side effects go away quickly, especially if you rest.

Please see brief summary of Prescribing Information on the next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.



Auvi-Q™
epinephrine injection, USP
0.15 mg/0.3 mg auto-injectors
TALKS YOU THROUGH



Scan code to watch the demo

Ask your doctor about Auvi-Q today. Learn more at auvi-q.com

BRIEF SUMMARY OF PATIENT INFORMATION

Rx Only

Read this information before you have to use Auvi-Q™ (epinephrine injection, USP) and each time you get a refill. There may be new information. You should know how to use Auvi-Q™ before you have an allergic emergency. This information does not take the place of talking with your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about Auvi-Q™?

1. Always carry Auvi-Q™ with you because you may not know when a life-threatening allergic reaction (anaphylactic reaction) may happen. Talk to your doctor if you need additional units to keep at work, school, etc. An anaphylactic reaction is a life-threatening allergic reaction that can happen within minutes and can be caused by stinging and biting insects (bees, wasps, hornets, and mosquitoes), allergy shots, foods, medicines, exercise, or other unknown causes. Follow your healthcare provider's instructions on when to use Auvi-Q™ if you have the symptoms of an anaphylactic reaction, which may include the symptoms listed below:
 - trouble breathing
 - wheezing
 - hoarseness (changes in the way your voice sounds)
 - hives (raised reddened rash that may itch)
 - severe itching
 - swelling of your face, lips, mouth or tongue
 - skin rash, redness, or swelling
 - fast heartbeat
 - weak pulse
 - feeling very anxious
 - confusion
 - stomach pain
 - losing control of urine or bowel movements
 - dizziness or fainting
2. Tell your family members and others where you keep Auvi-Q™ and how to use it before you need it. You may be unable to speak in an allergic emergency.
3. Get medical attention immediately after using Auvi-Q™. If you have a serious allergic reaction, you may need more medicine.

What is Auvi-Q™?

Auvi-Q™ is a prescription medicine used to treat life-threatening allergic reactions including anaphylaxis in people who are at risk for or have a history of serious allergic reactions.

Auvi-Q™ is for immediate self (or caregiver) administration and does not take the place of emergency medical care. You should get emergency medical help right away after using Auvi-Q™.

It is not known if Auvi-Q™ is safe and effective in children who weigh less than 33 pounds (15 kg).

What should I tell my healthcare provider before using Auvi-Q™?

Before you use Auvi-Q™, tell your healthcare provider if you:

- have heart problems or high blood pressure
- have diabetes
- have thyroid problems
- have history of depression
- have Parkinson's disease
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if Auvi-Q™ will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Auvi-Q™ passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Auvi-Q™ and other medicines may affect each other, causing side effects. Auvi-Q™ may affect the way other medicines work, and other medicines may affect how Auvi-Q™ works.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I use Auvi-Q™?

- Each Auvi-Q™ contains only 1 dose of medicine.
- Auvi-Q™ should only be injected into the muscle of your outer thigh. It can be injected through your clothing, if needed.
- Use Auvi-Q™ exactly as your healthcare provider tells you to use it.
- An Auvi-Q™ Trainer with a separate Trainer Instructions for Use leaflet is included with Auvi-Q™. Additional training resources are available at www.auvi-q.com.
 - Practice with the Auvi-Q™ Trainer before an allergic emergency happens to make sure you are able to safely use the real Auvi-Q™ in an emergency.
 - The Auvi-Q™ Trainer does not contain a needle or medicine and can be reused to practice your injection.

What are the possible side effects of Auvi-Q™?

Auvi-Q™ may cause serious side effects.

- **Auvi-Q™ should only be injected into your outer thigh. Do not inject Auvi-Q™ into your:**
 - veins
 - buttocks

- fingers, toes, hands or feet

If you accidentally inject Auvi-Q™ into any other part of your body, go to the nearest hospital emergency room right away. Tell the healthcare provider where on your body you received the accidental injection.

- **If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have more or longer lasting side effects when you use Auvi-Q™. Talk to your healthcare provider about all your medical conditions.**

Common side effects of Auvi-Q™ include:

- fast, irregular, or 'pounding' heart beat
- sweating
- shakiness
- headache
- paleness
- feelings of over excitement, nervousness, or anxiety
- weakness
- dizziness
- nausea and vomiting
- breathing problems

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of Auvi-Q™. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Auvi-Q™?

- Store Auvi-Q™ at 68° to 77°F (20° to 25°C).
- Do NOT expose to extreme heat or cold. For example, do NOT store in your vehicle's glove box. Do not store Auvi-Q™ in the refrigerator or freezer.
- Examine contents in the viewing window periodically. Solution should be clear. If the solution is discolored (pinkish color or darker than slightly yellow), cloudy or contains solid particles, replace the unit.
- Your Auvi-Q™ has an expiration date. Replace it before the expiration date.
- Keep Auvi-Q™ in the outer case it comes in to protect it from light.

Keep Auvi-Q™ and all medicines out of the reach of children.

What are the ingredients in Auvi-Q™?

Active ingredient: epinephrine.

Inactive Ingredients: sodium chloride, sodium bisulfite, hydrochloric acid, and water.

Auvi-Q™ does not contain latex.

After the use of Auvi-Q™:

- The black base will lock into place.
- The voice instruction system will say Auvi-Q™ has been used and the lights will blink red.
- The red safety guard cannot be replaced.
- The viewing window will no longer be clear.
- It is normal for some medicine to remain in your Auvi-Q™ after you have received your dose of medicine.
- Talk to your healthcare provider about the right way to throw away your Auvi-Q™.
- Auvi-Q™ is a single-use injectable device. Once Auvi-Q™ has been used, any medicine that remains in the auto-injector cannot be reused.

Until you throw away your used Auvi-Q™, the electronic voice instruction system will remind you that it has been used when the outer case is removed.

General information about the safe and effective use of Auvi-Q™:

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information Leaflet. Do not use Auvi-Q™ for a condition for which it was not prescribed. Do not give Auvi-Q™ to other people, even if they have an allergic reaction or the same symptoms that you have. It may harm them.

This is a summary of the most important information about Auvi-Q™. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about Auvi-Q™ that is written for health professionals.

For more information and video instructions on the use of Auvi-Q™, go to www.auvi-q.com or call 1-800-633-1610.

Rev September/2012

Manufactured for:
sanofi-aventis U.S. LLC
Bridgewater, NJ 08807
A SANOFI COMPANY

***For California Only:** This product uses batteries containing Perchlorate Material – special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate

EPI-BSC-SL-DEC12

*Not all heroes
wear capes.*



Every nine minutes, the American Red Cross brings help and hope to people in need. Every dollar you give helps us do more of what we do.

Be a hero. Donate today.

Donate at redcross.org



**American
Red Cross**

new
DEPARTMENT!

1

rainbow dinner

Our new section helps you turn an everyday meal into something special. This issue, we present a colorful tribute to **ROY G. BIV.***

THE FOOD! Munch your way right through the color spectrum with this simple menu.

1. RED & ORANGE SALAD

Thinly slice 1 red and 1 orange bell pepper and an apple. Toss them with a cup of matchstick carrots. Dress the salad with 2 tablespoons each of olive oil and cider vinegar, ½ teaspoon cumin, ¼ teaspoon smoked paprika, and salt and pepper to taste.

2. YELLOW & GREEN PASTA

Cook fettuccine in boiling water, adding a handful of frozen peas at the last minute. Meanwhile, sauté thin-sliced chicken breast


and trimmed sugar snap peas in olive oil. Remove from heat. Mix the chicken, peas, and pasta with a sauce made from ½ cup crème fraîche or plain Greek yogurt, a handful of grated Parmesan, and about ¼ cup of reserved pasta cooking water. Serve with chopped parsley, lemon juice, and salt and pepper to taste.

3. BIV PARFAIT

Toss blueberries, blackberries, and purple grapes with cinnamon sugar. Add a dollop of whipped cream or vanilla Greek yogurt, if desired.

* *Don't know the guy? His name is a mnemonic for the rainbow's colors, in order: red, orange, yellow, green, blue, indigo, violet.*

3



THE FUN! Have the kids dress in multihued duds and deck the table to match.

1. ROY'S RUNNER

Draw two rainbow-colored rows of circles with washable markers (in ROY G. BIV order, of course!) on a length of paper towels. Dab the circles with a brush or a straw dipped in water to make the inks spread and blend. Let the runner dry before setting the table.

2. FLOWER POWER

For a pretty centerpiece that becomes a conversation piece, tint jars of water with food coloring in the ROY G. BIV shades. (For orange, mix yellow and red; for indigo, use a drop of blue and a drop of red; for violet, use a drop of blue and three drops of red.) Add a white carnation to each jar. After about a day, you'll see the petals start to turn color. (No flowers? Celery stalks will do this, too.)

3. FLYING COLORS

Brighten up your dining area with a banner, crafted from construction paper and yarn, spelling the honoree's name.

THE PLAYLIST! Set the mood with these color-happy tunes.

"Rainbow Connection"
The Muppets

"She's a Rainbow"
The Rolling Stones

"Roy G. Biv"
They Might Be Giants

"Double Rainbow"
Katy Perry

"Sunshine, Lollipops,
and Rainbows"
Lesley Gore

"Somewhere Over the Rainbow"
Various artists

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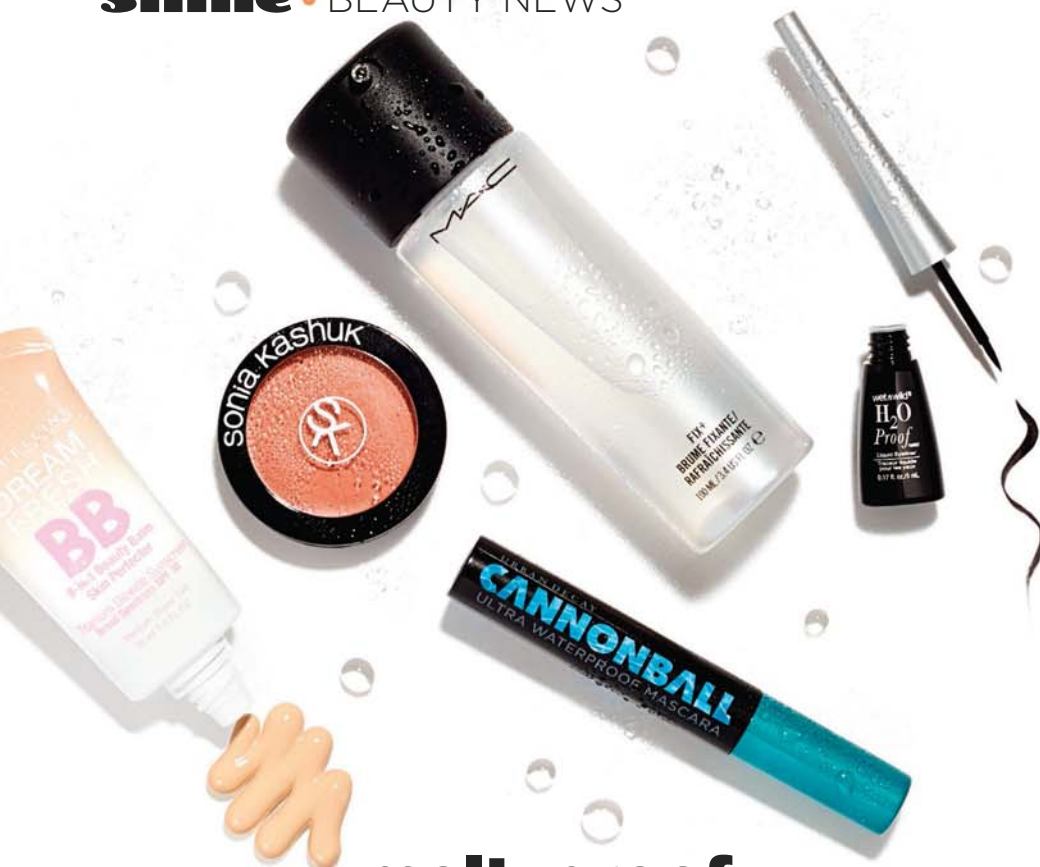
get glowing

Want the sun-kissed color of a self-tanner, but worried about looking orange and stripey? Avoid the tiger look with a lotion-and-self-tanner hybrid, such as Suave Professionals Visible Glow Self-Tanning Body Lotion (\$8.49, suave.com), which won't streak and leaves a nice, light scent. Apply it daily for a gradual, natural-looking tan as well as super-hydrated skin. For best results, exfoliate weekly and devote extra time to elbows and knees to ensure even application.

Give your face an instant **summer glow** by lightly applying bronzer wherever the sun naturally hits: cheeks, forehead, jawline, and nose. We like bareMinerals Warmth All-Over Face Color (\$19, bareminerals.com).

SECRETS OF THE PROS





melt-proof your makeup

Four steps to make the most of summer with your family—without worrying about the heat.

1. FACE

Trade heavy, smear-prone foundation for a light BB cream. You'll get sheer coverage (and SPF) that "stays in place, even in the hot sun," says Joy Fennell, a New York makeup artist. Our go-to? Maybelline New York Dream Fresh BB Cream (\$8.99, maybelline.com).

2. CHEEKS

Cream blush has more staying power than powder, and it's less likely to streak in heat and humidity, according to Fennell. For touch-ups, just dab on a bit more with your fingers—no brush needed! We love Sonia Kashuk Crème Blush (\$9.79, target.com).

3. EYES

For a lash look that lasts, use waterproof mascara with a lightweight gel formula, like Urban Decay Cannonball Ultra Waterproof Mascara (\$20, urbandecay.com). And go for liquid liner; it's less likely to smudge than a pencil. To try: Wet N Wild H2O Proof Liquid Eyeliner (\$3.99, wnwbeauty.com).

4. FINISH

"I spritz a vitamin-infused setting spray onto finished makeup to make it last even longer," says Fennell, who also uses it midday to refresh the skin. Her favorite: M•A•C Fix+ (\$21, maccosmetics.com).



CUTE HAIR IN A HURRY Update your hairstyle fast by sliding in plain but practical bobby pins in a **crisscross pattern**. Step up the look by sporting ones in bold colors, such as these **Sephora Collection Ombre Bobby Pin Ups** (\$6, sephora.com). You'll keep your bangs out of your face *and* look chic, with minimal effort.

mix it up!

kitchen tricks

An easy way to score soft skin and silky hair? Raid your own pantry!



exfoliate with sugar

Mix a handful with some olive oil to make a paste. Massage onto damp skin and rinse, says Pam Helms, chief innovation officer for Caldrea.



moisturize with coconut oil

Warm a dab between your palms and smooth on where you need it: hands, cuticles, hair, and even your face. It also soothes sunburned skin, says Ava Shamban, a Beverly Hills dermatologist.



fight frizz with apple cider vinegar

Create a rinse by mixing one part vinegar and four parts water in a spray bottle, says Nathaniel Hawkins, a New York City hairstylist. After washing your hair, spritz the solution all over wet strands. Rinse out after a minute.



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SHEER GLAMOUR

For a glossy hint of color, paint barely there Sheer Tints by OPI (\$9, beautybrands.com, shown in I Can Teal You Like Me) on unpolished nails. Or give a new hue to your usual shade by layering over it.



SWEET-SMELLING COLOR

Revlon Parfumerie Scented Nail Enamels (\$5.99, revlon.com) contain essential oils that, when dry, give off a light fragrance. Try Ginger Melon (shown) and Lavender Soap.



WRAP STAR No time for DIY nail art? Stick on long-lasting Essie Sleek Stick Nail Appliqué in Embrace the Lace (\$10.25, essie.com) for a chic, on-trend look with zero drying time.



nail it!

PRETTY PASTELS

The lovely shades in the Deborah Lippmann Spring Reveries Collection (\$18, deborahlippmann.com, shown in Build Me Up Buttercup) look cool all summer long.



SPECIAL EFFECTS

Spice up your polish routine with fun glitter, metallic, and shimmer shades from Julep Nail Color (\$14, julep.com). We love Autumn (shown), Blakely (iridescent purple), and Margot (gold lamé).



perfectly polished

Flatter your fingers and toes with these easy tips and ultrafun polish picks.

+ LONG-WEAR SECRETS

● **Make your mani-pedi last longer** by swiping extra polish on the hardworking tips of your nails—including along the edge that's been filed.

● **Color chipping?** The culprit could be oils on your nails. (Many polish removers contain moisturizers.) The fix? Wipe your nails with rubbing alcohol before applying a new coat.

● **To fix a chip** without redoing the entire nail, put polish remover on a fingertip and smooth out the ridges. Let dry, then dab on polish. Apply a top coat over the entire nail.

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explore

IDEAS FOR GETAWAYS BIG AND SMALL

Choose a child-size set with a small mouthpiece and a mask that seals snugly around her face

UNDERWATER ADVENTURE

Don't wait for a tropical vacation to introduce your child to the wonders of snorkeling. In fact, a familiar lake, pool, or pond can be the perfect place to learn. Start her with a mask in shallow water (also a great way to tempt a reluctant swimmer to submerge her face), and let her get comfortable before she tries the snorkel. For more tips on teaching kids the basics, check out this primer from Florida Keys Diving: flkeys-diving.com/Articles/teachingkidstosnorkel.

A TOTALLY TUBULAR TRIP

For the author and his sons, an afternoon float on New Hampshire's Saco River proves a perfect introduction to the joys of tubing. • By Brad Tuttle

"BUT WHY WOULD THAT BE FUN?"

My 7-year-old son Owen's question catches me off guard. I've just excitedly told him and his brothers, Will, 9, and Nate, 5, that we're going river tubing in New Hampshire's White Mountains. It's a big-boys-only trip, one that mom Jessica and baby brother Henry will sit out for safety's sake.

Never once did I consider that the news would have us bobbing philosophically into what constitutes "fun." *Because it just is*, I think. I ramble on about hunting for crayfish and doing cannonballs off boulders and jumping from rope swings and the thrill of not knowing

what's around the next bend. Owen is so quiet, I'm beginning to question myself how and why anything is fun.

"Just trust me, buddy," I eventually say. "Daddy won't be working, and we'll get to hang out and have an adventure."

"OK," he says. "Sounds good." To very loosely paraphrase *Jerry Maguire*, I probably had him at "Daddy won't be working."

AT THE HEADQUARTERS of Saco Canoe Rental Company in Conway, we're outfitted with life jackets and tubes: an adult size for me, smaller ones with bottom sleeves for the older boys, and a tether for Nate, who declines my offer to share a double tube. For a few extra bucks, we rent a dry bag for the sandwiches, apple slices, and



IF YOU GO

Saco Canoe Rental Company, Conway, NH. Tube and shuttle, \$20 adults, \$12 ages 12 and under; sacorivertubing.com

granola bars that I've brought from home.

A van transports us a mile and a half upstream to the pebbly launch point, where the boys quickly abandon their tubes and begin skipping rocks, splashing, dodging floaters, and attempting to power thigh-deep to the other side of the crystal-clear Saco River. My job of convincing anyone this would be fun is apparently over.

We shove off, and before we've reached the second bend Owen is paddle-steering to an oblong charcoal boulder, which he mounts and leaps from in near-cannonball form. I'm not sure ▶

Will, Brad, Nate, and Owen link up as they meander downstream

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Life jackets and tubes are supplied by the outfitter

which thrills me more: the devilish look on his face or the fact he actually listened to my earlier discourse on what one does while tubing.

We've hit the river in late August, on a sunny Saturday, or party day, as it's referred to by some at the outfitter's. (Sunday, we learned, is family day, when the bodies filling tubes tend to be much smaller, though often just as rowdy.) And, sure enough, we end up intermittently floating alongside a raucous gaggle in their twenties with fluorescent sunglasses and blotchy "tans" clearly the result of haphazardly applied sunscreen, dragging in their wake a cooler of Miller Lite and, inexplicably, an inflatable purple dragon. *This* group doesn't seem to need any fun instructionals.

THE RIVER SNAKES THROUGH dense forest, occasionally turning to offer postcard views of the hazy green hulk of Mount Washington, New Hampshire's tallest peak. At this time of year, when rain is scarce, the water is slow, shallow, and deeply relaxing—too much so for the boys. I take turns

spinning each around and around and shoving them dizzyingly downstream. We play bumper cars nonstop and purposely drift under slumping trees just so that we can fight our way out of webs of branches.

When the current eases too much, Will dips his feet to the bottom and thrusts himself onward. It's slippery and rocky in places, and we're grateful for our strap-on sandals, Crocs, and water shoes.

Near the end of our three-hour float, we spy a rope swing (not outfitter-sanctioned but too tempting to resist) in a deeper section of river. Will already has drifted ahead, but the younger boys and I pull out. After the best tutorial I can muster—"hold on tight, swing, let go"—Owen is aloft, then dog-paddling back with an astonished face. Nate is panicky but determined, and after three failed attempts and one minor meltdown, he, too, takes the plunge.

We reach the takeout point not long after, and as we hand in our life vests I revisit Owen's original question. "Was that fun?" I ask. All three boys look at me like I'm crazy. "Of course! Tubing was awesome!" their stares say.

No more explanation necessary.



Brad Tuttle and his family live in western Massachusetts. From left: Owen, Brad, Nate, and Will.



FAMILY FLOATS

You can tube on your own, but working with an outfitter is safer and easier: they monitor river conditions, provide the proper gear, and transport you upstream. Some trips have enough white water to justify an age minimum of 10, but these three are easygoing enough for kindergartners.



Tippecanoe River, IN:

Riverside Rentals' tubing season is short (late June to late August) but sweet, with warm, shallow water and loads of wildlife. \$17.50 adults, \$12.50 ages 17 and under; riversidecanoes.com



Deschutes River, OR:

Sun Country Tours offers tubes from Riverbend Park for mellow floats through Bend's Old Mill District. From \$15 adults, \$10 ages 12 and under; suncountrytours.com



French Broad River, NC:

Zen Tubing, just off the Blue Ridge Parkway and minutes from downtown Asheville, welcomes kids as young as age 4 and offers tubes with backrests in small, medium, and large, as well as doubles. \$20 adults, \$15 ages 12 and under; zentubing.com

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The high-ropes Course at Big Sky Resort in Montana offers more than ten challenges and a stunning view

summer on the slopes

Ski resorts turn up the heat in the snowless season with adventure parks, mini golf, bike trails, and festivals. • By Graham Averill

There's a pony at the top of Vail Mountain Resort. It's not what you'd expect to find at the peak of one of the country's most famous ski areas, but this is summer, and there isn't a speck of snow in sight. Not that you'd miss it. There is so much going on here (festivals, zip lines, guided bike rides), you might forget this used to be the off-season.

In recent years, ski resorts around the country have revamped their summer

portfolios, developing adventure programs tailored to families looking for an active getaway. It's like summer camp, but with scenic lift rides and tastier food. The warmer months turn these winter meccas into walkable mountainside "villages" with bike trails, parks, and restaurants—and often lower lodging prices.

At Vail's Adventure Ridge, kids can dig for (pretend) dinosaur bones, play a game of horseshoes or mini golf, test their balance

on slack lines, navigate a ropes course, and, yes, ride that pony. Some resorts' ski runs do summer duty as hiking trails, and at higher elevations, there may even be enough snow in the shadows for an impromptu snowball fight.

The six resorts that follow all shine for families in the summertime, with enough cool attractions to keep both kids and adults entertained. ►



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Vail Mountain Vail, Colorado

Rent bikes by the hour from Vail Sports (vailsports.com) and pedal through the European-style villages along the Gore Creek greenway to Betty Ford Alpine Gardens. After touring the extensive botanic garden's waterfalls, pools, and bridges, hit the nearby playground in Ford Park. The Eagle Bahn Gondola will carry you to Adventure Ridge, a mountaintop fun zone with breathtaking views, a slack line park, and brand-new zip lines and ropes courses (separate fees for most activities). vail.com

Wisp Resort McHenry, Maryland

At Wisp, families can split time between the mountain and nearby 3,900-acre Deep Creek Lake. Wisp's Mountain Coaster (a cross between an alpine slide and a roller coaster) has 3,500 feet of downhill twists that you tackle in two-person carts (\$19 for two riders). The mountain's extensive canopy tour program, including zip lines and agility challenges, has options for kids as young as 4 (\$14 to \$49 per activity). If you prefer something mellow,

Wisp's Deep Creek Lake Beach Hut rents stand-up paddleboards (\$24 an hour, \$14 for a half hour). wispresort.com

Park City Mountain Resort Park City, Utah

Park City has everything you'd expect of a world-class ski resort during the summer—including one of the longest alpine slides in the world and a tandem zip line that's perfect for families—and it's only a few minutes from Utah Olympic Park. Carve out time to watch U.S. Ski Team aerialists practice their jumps throughout the summer at the Aerials Pool (free; utaholympiclegacy.com). parkcitymountain.com

Smugglers' Notch Resort Jeffersonville, Vermont

Smuggs has one of the most impressive warm-weather programs on the East Coast. Take a hike to Rum Runners' Hideaway, a tiny mountain lake where you can rent canoes, or challenge the kids on the new Treetop Obstacle Course, a high-ropes course with more than 60 features (\$60 ages 8 and up; \$30 ages 4-7). Families also

enjoy nightly camp-

type activities, such as make-your-own-box-cart derbies and bonfire sing-alongs. smuggs.com

Big Sky Resort Big Sky, Montana

Adventures abound at Big Sky's compact mountain village, a favorite home base for families exploring nearby Yellowstone National Park. Big kids will love the Giant Swing (\$13), which carries riders as high as 30 feet. The whole family should experience the Lone Peak Expedition, which takes you up a 11,166-foot mountain via chairlift, safari-style truck, and tram, with dramatic vistas of two national parks awaiting you at the summit (\$83). bigskyresort.com

Heavenly Mountain Resort South Lake Tahoe, California

You won't find a better family photo op than the one available aboard this resort's gondola, which treats you to views of the impossibly blue Lake Tahoe and the Sierra Nevada Mountains. At Adventure Peak, you have access to zip lines, ropes courses, and hiking trails galore. You'll even find a summer tubing hill still covered with snow. (Fees vary; check website for up-to-date prices.) skiheavenly.com

Summer attractions include (A) Park City Mountain Resort's Alpine Slide, (B) swimming and boating at Smugglers' Notch Resort, (C) a refreshing break at Heavenly Mountain's Tamarack Lodge, and (D) Wisp Resort's zip-line canopy tour

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- **Main Squeeze.** Set up two buckets per child, one full of water, one empty. Give each kid a sponge, then show how to use it to transfer water from the full bucket to the empty one. Keep-cool breaks encouraged!
- **Splash Dance.** Pour some water on your patio or driveway, then turn on the tunes and let your kids stomp around in the water until the music stops.
- **Toss Across.** Have your child stand on the opposite side of a filled baby pool from you, then throw a ball back and forth across the water. See how long you can keep the ball aloft before getting splashed.
- **Water Limbo.** Turn on a hose and challenge your child to pass under the spray without it touching her. Lower the hose after each turn until she gets wet. **(Always supervise children around water.)**

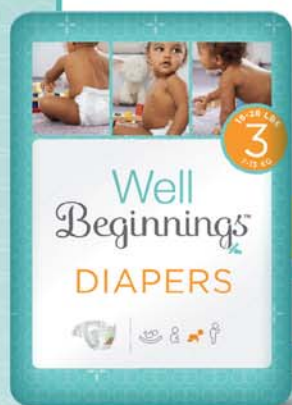


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squares. **Glue** one picture to the plain side of each piece of paper. For greater durability, we had our cards laminated at a copy shop.

To play, lay the cards facedown and encourage your child to find matching pairs by flipping over the squares, two at a time.

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fun for little ones

6

months & up

SIMPLY DELICIOUS

Introducing your baby to new flavors and textures early on can help her develop good eating habits for life. Tempt your tot's taste buds with these easy-to-make dishes. You'll just need a food processor or blender to puree the ingredients. If your baby is new to solids, add a teaspoon or two of water to make the blends easier to swallow. Once she adapts to them, she'll be able to handle a thicker texture.



PEAR-FECTLY PEACHY PUREE

This antioxidant-rich treat is a cinch to make. Core, peel, and slice a small pear. Combine the pear with ½ cup defrosted frozen peach slices and puree until smooth, adding water, one tablespoon at a time, if necessary.

ASPARAGUS AND BROCCOLI MASH

Boost immunity with nutrients such as vitamin C, calcium, and folate in every yummy spoonful. Microwave a minced garlic clove and 1 teaspoon olive oil in a bowl for 30 seconds. Puree the garlic mixture with 1 cup cooked asparagus pieces and 1 cup cooked small broccoli florets until smooth.

CREAMY CURRY AND PEAS

Here's a great way to spice up mashed peas. Cook a 10-ounce package of frozen peas, then drain. Puree the peas with ½ cup plain yogurt and ¼ teaspoon curry powder until smooth.

APPLE AND CABBAGE SAUCE

This colorful twist on applesauce has added fiber and vitamin C. In a small saucepan, combine 1 peeled and grated Golden Delicious apple, 1 cup finely shredded red cabbage, ¼ cup water, and 2 tablespoons golden raisins. Bring the mixture to a boil, then reduce the heat, cover, and simmer for 10 minutes. Remove the pan from the heat and puree the mixture until smooth.

BEANS, COLLARDS, AND RICE

Brown rice adds fiber and flavor to this healthy medley, which you can make with fresh or frozen vegetables. Combine 1 cup each cooked collard greens and cooked green beans with ¾ cup cooked brown rice and ¼ cup water. Puree the mixture until smooth.

First teeth, meet first snack.

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fun for little ones

newborn
and up

FLYING HIGH MOBILE

Add whimsy and color to your baby's nursery with a pretty paper craft.

For each hot air balloon, cut six 3½-inch-wide **card stock** circles and fold them in half. **Tape** two 18-inch-long lengths of **string** or **perle cotton** along

the fold of one circle, leaving 2-inch tails at the bottom. **Glue** the circles together, sandwiching the string in the middle.

Make the basket by folding a 1¼- by 5¼-inch strip of card stock into four 1¼-inch sections, leaving a ¼-inch flap. Tape the strip into a square. Tape the balloon's strings to the inside of the square, as shown.

Hang the hot air balloons from an

18-inch **wooden embroidery hoop** (we painted ours and covered the side with washi tape) at varying lengths. Then hang the mobile with three pieces of **ribbon** or string (hang the mobile out of your baby's reach and away from the crib).

Crafter's tip: For symmetrical circles, use a craft punch or trace around a lid.

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fun for little ones

newborn
and up



HAPPY FATHER'S DAY!

Give Dad a charm-ing reminder of how much he's loved with a one-of-a-kind **Shrinky Dinks** key chain.

Simply follow the directions at right, then punch a hole (we used a $\frac{5}{16}$ -inch **punch**), bake according to the manufacturer's directions, and attach a **key ring**.

Picture-perfect Polaroid This sweet gift makes good use of a favorite photo from your baby's first year. Crop a **photograph** to 5 square inches, lighten the image as needed (colors get darker during baking), and print it on **Shrinky Dinks**

Inkjet Shrinkable Plastic Sheets. Trim the photo, leaving a 1-inch border at the bottom and $\frac{1}{2}$ -inch border along the top and both sides.

Scribble Art Tie A toddler can help create this one. Using a **permanent marker**, draw a design, such as a tie, mustache,

or even just a circle, on the rough side of a sheet of **Shrinky Dinks Shrinkable Plastic Sheets.** Draw it large; it will shrink to about a third of its original size. (Ours was 5 inches tall before we baked it.) Have your little one color within the lines. Cut out the shape.

Personalized Key Chain Got a preschooler who can write her letters? Have her write *Dad* with a permanent marker (our tag was about 5 inches long and $2\frac{1}{2}$ inches wide before baking), then cut out the shape as shown.

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fun for little ones

THE TOYS OF SUMMER!

These new outdoor playthings make sunny days so much more fun.

1
year & up

YOMOTO

We love the look of this rad ride-on, which features four wheels for extra stability and a lightweight frame that's easy for toddlers to maneuver. Ages 18 months and up. \$79.99, fatbraintoy.com



GREEN TOYS TRACTOR

Made from recycled bottles, this ecofriendly machine has a detachable trailer and chunky tires that roll easily on any surface. Ages 1 year and up. \$19.99, greentoys.com



GEOSAFARI JR. UNDERWATER EXPLORER BOAT

The floor of this 10-inch-long plastic vessel has a built-in magnifying glass, giving curious preschoolers an up-close view of what's happening below the surface of a pool, pond, or puddle. And (smart thinking!) it comes with a wrist strap. Ages 3 and up. \$14.99, amazon.com



Y GLIDER 3-IN-1 SCOOTER

Yvolution's adjustable scooter has a removable seat and handlebars that grow with your child, so she can transition from seated to standing at her own pace. Ages 1 year and up. \$69.99, toysrus.com



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independence play!

What's the best way to celebrate the Fourth? Having a good time gets our vote!



UNITED WE STAND GAME A steady hand leads to success in this carnival-inspired challenge, in which players try to set a bottle upright using a ring on a string. See page 90 for instructions.

mini
marching **drum**

Join the big parade or stomp around the backyard to the beat of this recycled coffee can. See page 90 for instructions.



STYLING BY LYNN ZIMMERMAN (CRAFTS); NARAH ABEL(FOOD); SONJA KROOP (PROPS); SAMANTHA BAKER (WARDROBE); PAGES 66-67: MOM'S TOP FROM FOREVER 21; KUT JEANS, SHOES FROM H&M



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hats off to america

Set up a crafting station where kids can turn plastic cups into custom caps, and creative sparks are sure to fly. Along with 18-ounce **disposable cups**, we put out sparkly **pipe cleaners**, **pom-poms**, **card stock**, **glue dots**, **tacky glue**, and **tape**. If you like, you can print our **templates** for brims at familyfunmag.com/printables. To keep hats on heads, cut 18-inch lengths of **elastic beading cord** and knot the ends. Use **duct tape** to secure the ends, just below the knots, to the inside of the cups.

straw-spangled wreath

Our downloadable template and simple technique make it easy to create a few of these fireworks-like decorations. See page 90 for instructions.



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BELIEVE
-IN-
Elves?



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red, white & cool **cubes**

Tricolored spritzers offer a refreshing way to celebrate the Fourth. Make several trays of ice cubes with beverages colored red, white, and blue (we used **cranberry juice**, **water**, and **Powerade Mountain Berry Blast**). To serve, place the cubes in separate buckets and let guests make their own drinks with plain **seltzer**.

sweet & salty **sparklers**

Layered with white chocolate and studded with sprinkles and M&M's, our pretzel treats add flare to any party spread. Cover a baking sheet with waxed paper. Melt 1 cup of **white chocolate chips** in a medium, heat-safe bowl according to the package directions. Use a spoon to drizzle 1 **pretzel rod** at a time with chocolate (you'll have enough chocolate to make a dozen), then lay the rod on the prepared sheet and scatter it with red and blue **sprinkles** and **M&M's**. Chill the pretzels in the refrigerator until the chocolate sets, about 15 minutes.



air mail **ballots**

The votes are in, and this simple flying disk game is a runaway winner. Cut a 5- by 13-inch rectangle into a **cardboard box** as shown (an adult's job). You'll want a box that's at least 18 by 18 by 24 inches. Cut another rectangle on the opposite side of the box for retrieving the flying disks. Seal the box with **tape**, then attach **card stock** and **scrapbook paper** decorations with **glue dots**.

To play, designate a throwing line and give each participant three tries to toss a heavy-duty **plastic plate** or **flying disk** into the slot. The first player to score an agreed-upon number wins. ✨

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big flavor grilling

Don't settle for the same old backyard barbecue menu! With these easy recipes and techniques, you can **bring a new zip to classic dishes** while still keeping their kid appeal.

pumped-up mini burgers

Scaled down for little hands, these burgers deliver supersize taste, thanks to our mix of spices and sautéed onions. Make the patties with ground beef or poultry, then top them with our homemade chipotle mayonnaise (or leave them plain for picky eaters). See the recipe on page 91.



BY CARLA SNYDER
PHOTOGRAPHS BY ALEXANDRA GRABLEWSKI
FOOD STYLING BY BRIAN PRESTON-CAMPBELL
STYLING BY ROBIN TESORO

mexican grilled corn

This south-of-the-border favorite takes corn on the cob from side dish to main attraction. The grill gives the ears a hint of smoke, and the chile-lime butter offers mouthwatering tang. You may never boil corn again.



INGREDIENTS

¼ cup unsalted butter, softened
2 teaspoons lime juice
¼ teaspoon chile powder
¼ teaspoon salt
⅛ teaspoon pepper
6 ears corn, shucked
2 tablespoons minced cilantro
½ cup cotija cheese, crumbled (or another salty hard cheese, such as Parmesan)

- 1 Combine the first five ingredients in a small bowl and stir to mix.
- 2 Grill the corn over medium-high heat, turning occasionally, until the corn is tender, about 10 minutes.
- 3 Remove the corn from the grill, brush it with the chile-lime butter, and sprinkle it with the cilantro and cheese.

Nutrition per serving: 166 calories, 5g protein, 11g fat (5g sat. fat), 17g carbs, 2g fiber, 6g sugar, 60mg calcium, 1mg iron, 113mg sodium

active time
20 MINUTES

total time
20 MINUTES

makes
6 SERVINGS

Make an everything- on-it run.



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#TargetRun

root beer bbq chicken

Two grilling techniques make for one tasty dish. First, rubbing with a store-bought spice mix deeply flavors the meat. Then, basting the chicken at the end of the cooking time with our homemade, smoky sweet barbecue sauce creates a delectable glaze.

INGREDIENTS

Barbecue Sauce

1 cup root beer
1 cup ketchup
½ cup orange juice
¼ cup honey
2 tablespoons
Worcestershire
sauce
2 teaspoons liquid
smoke

Chicken

3 pounds bone-in,
skin-on chicken
pieces (cut breasts
in half crosswise)
1 teaspoon
Montreal steak
seasoning
2 limes, quartered
(optional)

1 To make the sauce, combine all the ingredients in a medium saucepan. Bring the mixture to a boil over medium heat, then lower the heat and simmer the sauce until it thickens and reduces by about a quarter, about 15 to 20 minutes. Set the sauce aside to cool.

Tip: The sauce can be made up to two weeks ahead and refrigerated.

2 Place the chicken on a sheet pan and rub the pieces with the Montreal steak seasoning. Let sit at room temperature for 30 minutes.

3 Prepare your grill so that the heat is concentrated on one side (direct heat). Sear the chicken over the direct heat, covered, turning it once or twice, for about 8 minutes.

4 Move the chicken to the cooler side and cook it, covered, turning it once or twice, until almost cooked through, about 12 minutes.

5 Baste the chicken with the sauce, close the lid, and cook for about 3 minutes. Repeat two or three times, until the sauce is thick and browned and the chicken is done, for 8 to 10 minutes.

6 For a citrus flavor burst, grill the lime wedges until they're lightly charred, about 5 minutes. Squeeze the juice over the meat before serving.

Nutrition per serving: 450 calories, 29g protein, 23g fat (7g sat. fat), 30g carbs, 0g fiber, 27g sugar, 35mg calcium, 2mg iron, 646mg sodium

active time
15 MINUTES

total time
1 HOUR 45 MINUTES

makes
6 SERVINGS



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better beef kebabs

Give your steak a makeover. Here, sirloin cubes are infused with a lemony marinade, then grilled on kid-pleasing skewers beside juicy cherry tomatoes. Serve the kebabs with store-bought hummus or our hummus sauce (go to familyfunmag.com and search for “Yummy Hummus Sauce”).

INGREDIENTS

2 tablespoons olive oil
2 cloves garlic, minced
½ lemon, juiced
½ teaspoon cumin
½ teaspoon cinnamon
½ teaspoon salt
½ teaspoon pepper
24 cherry tomatoes
1½ pounds sirloin steak, trimmed and cut into 1-inch cubes
1½ cups hummus, warmed
Chopped cilantro (for garnish)

1 Make the marinade by stirring the first seven ingredients in a medium bowl. Pour a bit of the marinade into another bowl, then toss it with the tomatoes. Add the beef to the remaining marinade and let it sit at room temperature for about 15 minutes.

2 Thread the meat and tomatoes onto separate skewers and sprinkle with salt and pepper. Grill the beef over medium-high heat, turning several times, for 9 to 12 minutes. Grill the

tomatoes until they're heated through and the skin is puckered, about 1 minute per side.

3 To serve, spread warmed hummus on a platter and lay the skewers on top. Garnish with a sprinkling of cilantro.

Nutrition per serving (without hummus): 249 calories, 30g protein, 13g fat (3g sat. fat), 4g carbs, 1g fiber, 2g sugar, 23mg calcium, 3mg iron, 313mg sodium

Carla Snyder's most recent cookbook is One Pan, Two Plates.

active time
20 MINUTES

total time
55 MINUTES

makes
5 SERVINGS

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creating smiles

WANT TO MAKE A DIFFERENCE IN YOUR COMMUNITY?
THE INVENTIVE WINNERS OF OUR **ANNUAL FAMILYFUN/DISNEY FRIENDS
FOR CHANGE VOLUNTEERS CONTEST** SHARE THEIR INSPIRING IDEAS.

BY ALICIA POTTER

When we asked our readers to share their volunteering ideas with a creative twist, we were rewarded with dozens of inspiring stories. Whether creating craft kits for kids in the hospital or putting on an art show for a special charity, these families fashioned out-of-the-box solutions to problems in their communities.

With so many unique entries pouring in, we were thrilled to have judging help from generationOn, the youth division of Points of Light that inspires, equips, and mobilizes kids to make their mark on the world through service. And we're grateful for the support of Disney Friends For Change, a global program that encourages kids and families to get involved with efforts in making lasting, positive change.

Our four grand-prize winners wowed us with their originality, compassion, and results. For their efforts, The Walt Disney Company made \$5,000 donations to the winners' chosen charities. Similarly, for our five first-place winners, Disney made \$1,000 donations. Here are their stories.



Maggie and Harper share their literary love by donating books to low-income kids

GRAND PRIZE WINNER

The Cunningham Family
COLLEGE STATION, TEXAS



BOOKS AND BLANKETS FOR KIDS IN NEED

Three years ago, Melissa Cunningham and her daughters, Harper, now age 10, and Maggie, now 9, were brainstorming ways to help low-income students at their school. Avid readers, the girls agreed that it'd be great to donate books to the kids, but Maggie was concerned that some

families couldn't afford to heat their homes, and she wanted to give blankets. So the two formed Books and a Blanket, a program that provides disadvantaged kids with 10 to 15 used books and a new blanket, neatly packaged in a reusable crate.

To round up the books, Harper asks family and friends for donations, and the books are left in drop-off boxes on the Cunninghams' porch and at several spots around town. The family sorts the titles by genre and reading level in their garage. They also organize BYOF ("bring your own fleece") knotted-blanket bees. And through lemonade stands and a table at their community market, they raise funds to buy the

crates. Melissa buys them by the dozen during clearance sales. "I'm now known as The Crate Lady at Walmart and Target," she says. The bins aren't just for toting; turned on their side, they double as bookcases.

The first year, the family distributed 119 crates at a Head Start program and two local elementary schools. "Some kids were beaming, and some were crying with joy," recalls Maggie. "Others tried to read the books while walking to their classrooms."

As support of the project grew, the Cunninghams formally established Books and a Blanket as a nonprofit. This year, they're on track to donate 1,000 crates.

PRIZE MONEY PLANS
BOOKS AND A BLANKET



The Varanelli kids, below, hold some of their art from a sale to benefit Tourette syndrome research. At left, Jack models his "What makes you unique?" shirt.



“Even though we’re all different, we all have feelings and a story to share.”

—JACK VARANELLI, AGE 12

GRAND PRIZE WINNER

The Varanelli Family
CHANTILLY, VIRGINIA



Watch videos of our winning families on our iPad edition. Learn more at familyfunmag.com/digitalextras.

KIDS' ART FOR TOURETTE SYNDROME RESEARCH

For four years, the Varanellis have hosted an art show at their home featuring works by kids in their neighborhood. They’ve also raised funds for the Tourette Syndrome Association (TSA) in support of their son Jack, age 12, who has the disorder. Last year, Jack suggested they turn the art show into a pay-what-you-can sale for the TSA.

His mom, Christine, agreed. In response to an e-mailed invitation, art from neighborhood children poured in. Along with the works created by Jack and siblings Bryn, 10, Eliza, 8, and Joseph, 7, they ended up with about 300

pieces from artists ages 4 to 13. On the big night, a hundred guests attended. Every piece was for sale for whatever the guest could afford to pay. “It was so adorable to watch the little ones with their piggy banks buying each other’s art,” says Christine.

At a “design your own T-shirt” table run by Bryn, kids answered the question “What makes you unique?” with paint and fabric markers. The replies ranged from “I’m a good soccer player” to “I’m short.”

Before the crowd dug into pizza, Jack gave a brief speech about his life with Tourette’s and obsessive-compulsive disorder. He

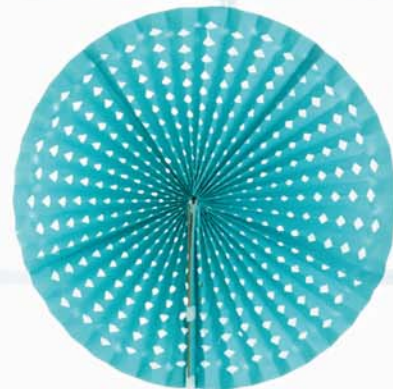
described how the disorders make him different (“It’s like your brain doesn’t have a stop sign.”), yet there are tons of ways he’s just like everyone else.

From all those dimes and quarters (and some checks from grown-ups), the Varanellis netted \$900 for TSA. But the family believes they accomplished even more. As Jack put it in his speech, “I hope we can learn to appreciate each other by seeing that even though we’re all different, we all have feelings and a story to share.”

PRIZE MONEY PLANS:
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GRAND PRIZE WINNER

The Martin Family
SYCAMORE,
ILLINOIS



GENTLY USED COSTUMES FOR EVERYONE

Last year, Susana Martin, now age 10, noticed there was something a little mysterious about Halloween. “We help people for holidays like Thanksgiving and Christmas, but no one thinks about Halloween!” she says.

Susana proposed to her mom, Jeanette, that they collect and donate gently used costumes to

kids in need. To ensure that the drive would be well received, Jeanette called four local community-service agencies. They told her that, while there were free Halloween events each fall, it was difficult for kids who couldn’t afford to dress up to attend. Susana was on to something.

Six weeks before Halloween, Jeanette and Susana, along with dad Steve and brother Daniel, age 8, began the Halloween Costume Club. They put out costume donation bins at the library, the dance studio Susana attends, and Feed ‘em Soup, a pay-what-you-can restaurant with a used-clothing closet. In addition, the family organized a weeklong costume drive at Susana’s school, with the promise of a pizza party for the class that gathered the most getups.

The outfits rolled in, with a final total of 325. Jeanette washed them all, and Susana

and Daniel helped sort them by size. Two weeks before Halloween, they distributed the costumes to the agencies that Jeanette had called: a program for victims of domestic violence and their children; a transitional housing/homeless shelter; and the local YMCA, which helps low-income families and runs a popular Halloween event. The Martins also set up a free “shop” at Feed ‘em Soup.

“The kids were so excited to pick out their own costumes,” says Jeanette. “We heard back from many of the families that this small gesture was so helpful during hard times.”

The biggest thrill, though, came when the Martins spotted kids in Costume Club attire on Halloween. “I saw a girl in my Wonder Woman costume,” says Susana. “It was so cool!”

PRIZE MONEY PLANS
• **SAVE-A-VET**

Daniel and Susana test out some of their donations



GRAND PRIZE WINNER

The Long Family
PAOLA,
KANSAS



“I wanted to use my cancer experience to touch someone’s life in a positive way.”

—BECKY LONG

CRAFT KITS FOR HOSPITAL PATIENTS

At Children’s Mercy Hospital in Kansas City, it’s not unusual to find some of the young patients decoupage a picture frame or embellishing gloves with fanciful jewels. They’re the happily distracted recipients of “craft-o-grams,” homemade activity kits created by Becky Long, her son, Cayman, age 18, and daughter Moorea, 14.

The idea for the project grew out of Becky’s battle with breast cancer four

years ago (she’s now cancer-free). During her long hours at the hospital, Becky thought about how grueling it must be for sick children and their parents to endure the same stress and waiting. “I wanted to use my cancer experience to touch someone’s life in a positive way,” she says.

Since 2012, the Longs have come up with ideas for craft-o-grams each season.

• Past kits have included

Diapers *to* Potty Trained.

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Moorea packs a box of happy distractions for kids in the hospital

the makings for photo key chains, hand-colored mugs, and tissue-paper flowers. Enthusiastic crafters Cayman and Moorea test ideas to ensure the projects are fun and easy. The family creates the kits assembly-line-style in their basement, packaging the instructions and all the materials and tools in a large ziplock bag.

About 100 kits are delivered to the hospital's volunteer center each season. From there, volunteers and staff simply grab a kit for any patient in need of a diversion. The Longs don't meet the kids who get the kits, but they do hear feedback and expressions of gratitude from hospital staff.

"When my mom was sick, it meant so much to us when other families offered help," says Cayman. "If we can do the same for other people, there's nothing better."

PRIZE MONEY PLANS
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our first-prize winners

These five families each received \$1,000 from The Walt Disney Company to donate to the charity of their choice.



The DuMont/Byrne Family of HIGHLAND VILLAGE, TEXAS **PRESCHOOL FOR REFUGEE KIDS**

- Since 2012, the Byrne sisters, Lilirose, age 17, Magnolia, 16, and Ella, 13, and their mom, Lynda DuMont, have run a summer preschool program for children of refugees from the Chin State in western Burma. In addition to providing traditional classroom activities, the family familiarizes the kids with more esoteric parts of American culture (such as freeze pops and deviled eggs) and organizes book and clothing drives. To date, more than 60 preschoolers have attended the program.



The Miller Family of KAILUA, HAWAII **RAISING FUNDS WITH BOTTLE-CAP ART**

- Bottle-cap collector Logan, age 10, has transformed his hobby into "Bottle Caps for a Cause," a charity that he founded with his mom, Ginny, and dad, Jeremy. The Millers create artwork, jewelry, and wind chimes and even decorate furniture with the caps, which are sold to raise money for the American Diabetes Association. So far, the one-of-a-kind creations have brought in more than \$4,000.



The Roe Family of PALATINE, ILLINOIS **JUMP ROPES AND JEWELRY FOR CHARITY**

- Nine-year-old Kayli and her twin sisters, Cassidy and Georgie, 7, craft and sell handmade bracelets and jump ropes to raise money for local families in need. With assistance from their mom, Dana, the girls' organization, Sisters Giving Hope, has helped pay for the medical bills of a girl with an inoperable brain tumor and a boy with cerebral palsy. It also started a college fund for a boy whose dad was terminally ill.



The Salmon Family of PEKIN, ILLINOIS **CANCER AWARENESS KIDS' CLUB**

- After his 7-year-old friend died from cancer, then 8-year-old A.J. started the I Hate Cancer Club to raise money for St. Jude Children's Research Hospital. Five years later, he continues his efforts with help from his mom, Corrie, his dad, Dustin, and siblings Avery, 9, Allie, 6, and Axton, 2. At schools, A.J. gives speeches about the potential all kids have to make a difference. Last year the Club raised more than \$9,500; this year it has already surpassed \$11,000.



The Wojtasiak Family of MONONA, WISCONSIN **PREPARING PETS FOR ADOPTION**

- At their family's all-breed rescue organization, Underdog Pet Rescue of Wisconsin, 5-year-old Audrey and 3-year-old Miles help their mom, Lauren, and dad, Michael, train, socialize, and tend to the animals in their care. Audrey also draws pictures of the pets for their adoption files. Besides being adorable, the drawings help assure adopters that the pets have experience around young kids. 🐾

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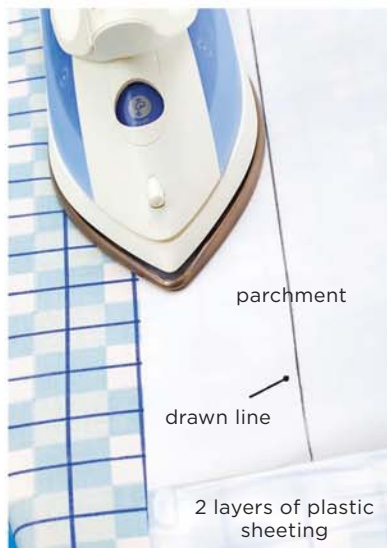
MAKE WAVES!, page 29

1. Choose a level spot in your yard, as even a slight slope may cause the blob to roll. Fold a 10- by 25-foot piece of clear 4-mm plastic sheeting in half (avoid regular plastic drop cloths, which aren't thick enough). If necessary, trim the sheeting into a square or rectangular shape to fit within your chosen spot.

2. Fold a sheet of parchment paper in half, then use a pencil and ruler to mark a line 3 inches from the folded edge, as shown. Slip the folded parchment over the open edges of the sheeting, enclosing the top and bottom layers. Fuse the edges by pressing a hot iron lightly onto the parchment, following the guideline. Slide the parchment and continue sealing the three open edges, leaving a small opening a few inches wide next to the fold.

3. Place the sheeting in the flat area you've chosen. Insert a hose into the opening and turn on the water. (**Tip:** To

keep water from escaping, elevate the opening by placing it on a rolled towel.) When the blob is full, remove the hose and seal the opening with duct tape. Keep the tape handy to seal any holes that may form after rough play.



INDEPENDENCE PLAY!

UNITED WE STAND GAME, page 67

Use red and blue **washi or decorative tape** to embellish two 18-inch **wooden dowels** (we cut a 3-foot dowel in half), 2 cleaned and dried **plastic bottles** (we used 12-ounce soda bottles) and both rings of a 3-inch **embroidery hoop** (we bought ours at a craft store for \$2.50). Use one color for each 3-piece set. Tie each hoop to its matching dowel with a 28-inch length of **string**. Place ½ cup **rice** in each of 2 **ziplock bags**. Add 12 drops red **food coloring** to one, blue to the other. Seal each bag and shake until the rice is evenly tinted. Snip off a corner of each bag and funnel the rice into its matching bottle. Screw on the caps.

To play: Mark spaces on a flat playing surface with child-size hula hoops or use **chalk** to draw two 24-inch circles. Lay a bottle in the center of each. At "Go," players use their rods to right their bottles. If a player's bottle rolls out of the circle, he must retrieve it and start over. The first to stand his bottle up wins.

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MINI MARCHING DRUM, page 68

Drum: Trace a 10½-inch circle on a **Tyvek** sheet (we used a mailing envelope) and cut it out. Lay the circle over the open end of a 27.8-ounce **coffee can**. Secure it about 2 inches from the rim with **rubber bands**. Pull the Tyvek taut and trim the excess. Use strips of **clear tape** to hold the Tyvek in place and remove the rubber bands. Cover the edges of the Tyvek with **colored duct tape**, using a single strip around the perimeter of the can. Use more duct tape to embellish the rest of the can. Measure and cut a length of **ribbon** for the neck strap and knot its ends. Tape the ribbon ends (just above the knots) to the side of the drum.

Mallet: Cut the neck from a 12-inch **balloon**. Stuff the remaining piece with half a **paper towel** sheet. Squeeze a bit of **white glue** into the balloon and insert the tapered end of a **chopstick**. Secure it with a strip of **duct tape** and let it dry.

STRAW-SPANGLED WREATH, page 70

Print our **template** for the center (from familyfunmag.com/printables) on **card stock**. Cut out the circle, then trace it

twice on corrugated **cardboard**. Cut out both circles. Make several rings of **tacky glue** on one cardboard circle and attach striped **paper straws**, alternating red and blue and leaving 2 inches of space in the center. Thread a 1-inch straw piece onto a long length of **fishing line** or string and knot the ends. Attach the straw piece with tacky glue to the center of the cardboard circle. Add rings of glue over the straws and gently press on the other cardboard circle. Let the glue dry. With a **glue stick**, attach the card stock center. Trim the straws to different lengths as seen on page 70. Hang with the fishing line.

recipes

BIG FLAVOR GRILLING PUMPED-UP MINI BURGERS, page 75

ACTIVE TIME: 25 MINUTES
TOTAL TIME: 40 MINUTES
MAKES: 8 SERVINGS

1. Heat 1 tablespoon **vegetable oil** in a small skillet over medium-high. Add 1 diced small **onion**, 2 cloves minced **garlic**, and 1 teaspoon **oregano** and sauté until tender, about 3 minutes. Place the mixture in a large bowl and cool in the refrigerator for 10 minutes.
2. Combine 2 tablespoons **ketchup**, 1 tablespoon **Worcestershire sauce**, 1½ teaspoons **Dijon mustard**, ½ teaspoon **salt**, ½ teaspoon **pepper**, and 1 pound of **ground meat** (beef, turkey, or chicken) with the cooled onion mixture and mix with your hands until well blended. With dampened hands, form the meat into 8 small patties. **Tip:** If the burgers aren't holding together well, partially freeze them (up to 1 hour) before grilling.
3. Grill the burgers on oiled racks to desired doneness and top with the **cheese** of your choice. Slice **potato rolls** and toast the cut sides for a minute or two.
4. To make the chipotle mayo, combine ½ cup **mayonnaise** and 1 finely diced **chipotle chile in adobo** from a can (seeded for less heat, if desired). Serve the burgers with the toppings of your choice.

Nutrition per serving: 435 calories, 20g protein, 28g fat (9g sat. fat), 26g carbs, 1g fiber, 5g sugar, 231mg calcium, 3mg iron, 688mg sodium

the fine print

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how we have fun

OUR READERS CAPTURE THE MAGIC OF EVERYDAY LIFE



“I snapped this photo of my husband, Marc, and my daughter, Claire, just before her annual Western-themed father-daughter dance. It was the last one before she graduated from elementary school. Marc is a devoted father who always dresses the part, whether for this dance or in some elaborate getup to match our children’s Halloween costumes. It’s been so much fun each year to see Marc and Claire decked out in cowboy hats and Western-style shirts—clothes not often worn in our northern New Jersey town!”

Kathleen Harris Ridgewood, NJ

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